

ISLAMIC REVEALED KNOWLEDGE

DIMENSIONS OF THOUGHT

Edited By
THAMEEM USHAMA



IIUM Press

**ISLAMIC REVEALED
KNOWLEDGE**
Dimensions of Thought

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EMAIL: iiumprinting@yahoo.com

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***Īmān* Restoration Therapy: A Study of Why, What and How**

Abdul Latif Abdul Razak

Introduction

Currently, life is very challenging and we witness the frightening increase of psychological problems. There are many contributing factors such as the rapid developmental changes brought by globalization and people's lack of knowledge and skills in managing their emotions and solving their problems. Globalization, for example, is synonymous with rapid changes, competition and unattended demands. All these require strong and prepared emotional and psychological states. Otherwise, one will succumb to psychological disorders such as excessive anxiety, depression and stress. The lack of knowledge and skills happens because of the incapability of people to update and adjust to the existing knowledge and skills to suit contemporary challenges. As an illustration, for the religious community, they are indeed equipped with sufficient religious beliefs and practices to maintain their well-being as well as to restore their health when they are sick. However, all these important teachings are not properly understood or utilized as good defense mechanisms to cure or avoid spiritual and psychological illnesses. This is further aggravated by the failure of modern Western secular psychological